

## ABSTRACT

A communications system is disclosed. The communication system includes a plurality of transceiver nodes configured to utilize a time division multiple access structure to communicate between the transceiver nodes. Each  
5 of the transceiver nodes generates congestion metric information based on the utilization of a link to each of its neighbors. A time division multiple access structure that includes a plurality of time slots during which the transceiver nodes are configured to communicate data cells is also disclosed. The data cells are transmitted from a transmission queue. The data cells include routing  
10 information and the congestion metric information.